



COVID-19 STUDIO RULES

To keep all staff and customers safe, please adhere to the following protocols for the studio re-opening:

- You must pre-book your classes. Drop-ins are not permitted.
- Booking numbers are restricted to ensure social distancing
- If you cannot get booked in, please opt to follow the class online at home if it is live streamed! Head to our Aspire at Home webpage. Live stream classes will be available to view and repeat online for 7 days.
- Only bring the bare minimum personal possessions with you, and no sweat towels.
- You must bring your own mat to all classes.
- Parents and children cannot wait in the reception area during classes.
- There will be defined areas for you to use inside the studio. You must stay in your area with your water bottle and not move around so that social distancing rules are respected at all times.
- We are using ethanol and isopropyl based disinfectants which are medical grade. Hand sanitisers are available in the studio, and everyone is encouraged to wash their hands regularly.
- After class, you must thoroughly wipe down and sanitise any studio equipment you use using the sprays & cloths provided.
- You will be asked to leave the building straight after classes with no hanging around, and the reception sofas are off-limits.
- You must wait outside the building in between classes (if you have booked more than one class) and finally
- If you have any questions for the team please call or email the studio so we can help you remotely

Do not attend the studio if you are experiencing any symptoms or have been advised to isolate.

If you have to take a Covid-19 test and need to quarantine please send us an email with details of your test, and we shall ensure that you are early cancelled off the timetable to over-ride our cancellation policy and avoid you being charged.

Please keep customers and staff safe and stay home until you have the all clear.k for you to stop participating in the class.